

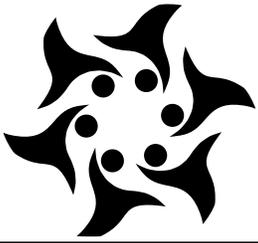
TONSILLECTOMY AND/OR ADENOIDECTOMY (Adults)

Pre-Operative

1. Do NOT use Aspirin, Motrin or other anti-inflammatory medications for 2 weeks prior to your surgical date. Tylenol is safe.
2. Do NOT use vitamin E, ginkgo biloba or garlic supplements for 2 weeks prior to your surgical date. If you take multivitamins, please check the product bottle for contents.
3. If you are on *Coumadin or any other blood thinning medication* please alert your surgeon and contact your prescribing doctor's office for instructions on how to safely stop this medication before your surgical date.
4. If you have mitral regurgitation and require antibiotics prior to dental procedures please contact your surgeon 2-3 weeks prior to your surgical date for instructions.
5. **Do not have any food or drink after midnight** on the day of your surgical procedure (this includes water and chewing gum). Consuming food or drink will likely lead to cancellation of your surgery by the anesthesiologist.

Post-Operative

1. You will be discharged home on the same day as your procedure (approximately 6 hours after your operation) unless otherwise instructed.
2. You will be given a prescription for pain relief if a tonsillectomy was performed - take as prescribed. Inform your physician if you are allergic.
3. You must not attend school or work for 2 weeks after surgery (1 week for adenoidectomy only).
4. Avoid sports for 2 weeks.
5. Avoid hot foods (temperature and spice) for 1 to 2 weeks
6. Avoid acidic liquids or hard, crunchy foods for 10 days.
7. Avoid smoking or exposure to smoke for at least 2 weeks.
8. Drink plenty of fluids.
9. Do not worry if you are not eating regular, full meals as long as you are able to drink and stay hydrated.
10. Your level of hydration is OK if you are urinating a normal volume and your urine is clear.
11. A white covering over your tonsillar fossae is a normal pattern for healing.



12. Your voice may be hyper or hypo nasal after adenoidectomy. This usually resolves however this may take a few months.
13. Ear pain may be present after surgery
14. If you had an adenoidectomy, your breath may smell foul for a couple of weeks postoperatively.
15. If Tylenol #3 causes nausea, use Gravol or switch to Tylenol without codeine.
16. Tylenol #3 may cause constipation.
17. Pain control is important to maintain hydration – use recommended pain medication approximately every 3.5-4 hours for the first 48-72 hours, then use as needed. ****please note you may have been prescribed long-acting pain control medication – always read the prescription bottle for specific instructions.****
18. **Tonsillectomies are painful!** It is not unusual to feel worse around day 4 or 5. This will improve but you will be sore for at least 10 days.

BE CONCERNED AND CONTACT YOUR DOCTOR OR GO DIRECT TO YOUR LOCAL EMERGENCY ROOM:

1. You are spitting up bright red blood or clots greater than 1 teaspoon.
2. You are unable to drink and have stopped urinating or your urine is of a very low, concentrated volume.
3. Develop a rash
4. Develop a high fever